

**THE LAND OF HEALTH: HOW  
CHILDREN MAY BECOME  
CITIZENS OF THE LAND OF  
HEALTH BY LEARNING AND  
OBEYING ITS LAWS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649624553

The Land of Health: How Children May Become Citizens of the Land of Health by Learning and Obeying Its Laws by Grace T. Hallock & C.-E. A. Winslow & Walter Camp

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**GRACE T. HALLOCK & C.-E. A. WINSLOW & WALTER CAMP**

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# THE LAND OF HEALTH

HOW CHILDREN MAY BECOME CITIZENS OF THE LAND OF HEALTH BY LEARNING AND OBEYING ITS LAWS

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OF NATURAL HISTORY

WITH A CHAPTER ON EXERCISE

BY

WALTER CAMP



CHARLES E. MERRILL COMPANY

NEW YORK AND CHICAGO

EducT

409.22.449

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June 22, 1938

Edward W. Long +

**THE WINSLOW HEALTH SERIES**

By

**C.-E. A. WINSLOW**

Professor of Public Health, Yale Medical School, Curator  
of Public Health, American Museum of Natural History

*The Land of Health*

By GRACE T. HALLOCK and C.-E. A. WINSLOW.

For the lower grades.

*Healthy Living, Book One*

By C.-E. A. WINSLOW.

For the intermediate grades.

*Healthy Living, Book Two*

By C.-E. A. WINSLOW.

For the upper grades and the junior high school.

Each book contains a chapter on physical exercise  
by WALTER CAMP.

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The publishers will be glad to send without charge, for use in the schoolroom, a poster giving in rhyme, with pictures, some of the laws of the Land of Health.

## PREFACE

Can hygiene be taught to children of eight, nine, ten years of age?

We think it can, and we hope this book, **THE LAND OF HEALTH**, is going to prove it.

We believe that the one best way to teach hygiene to boys and girls is by telling them stories. In a large measure the same thing is true for grown people too.

Teaching by story-telling (or story-observing) is used in the case system in law and the clinical clerk system in medicine—two of the highest developments of modern education; and both owe much of their value to the dramatic element, as well as to the concreteness, which is involved. It was by experience, not by words and phrases, that the human race acquired its first knowledge of Nature, and it is by experience chiefly that the child learns to-day. A good story is an experience. The natural forces that affect Healthy Living are, we hope, personified in this book as the Greeks would have personified them. Wind and Rain and Sun were the teachers of mankind in its golden youth and in these pages they will teach our young people of the present day.

A story is the best device that we possess for

arresting the attention. If the lesson is to be fixed, however, it must appeal to an internal aspiration, to some motive which will seize upon it and make it vital. In the teaching of hygiene, this motive varies with different ages. For the middle-aged the avoidance of disease is a compelling force; for the youth community service may be emphasized. With younger children these things have no appeal. **THE LAND OF HEALTH** attempts a different note. These stories have the ultimate motive of vigorous, buoyant health as a condition of happiness; and happiness is, and ought to be, the objective of childhood.

There is another parallel here with the spirit of ancient Greece. In Athens they understood, as never before or since, the beauty of physical health, the nobleness of physical vigor. We are at last beginning to conceive the ideals of health in something of the Greek spirit. It was our own American philosopher and humanist, William James, who said, "Simply to live, move, and breathe should be a delight." May this book reveal to many children in these United States a clear vision of the gospel of Healthy Living, which makes the sound mind in the sound body a primary objective of the individual and community life.

C.-E. A. WINSLOW

New Haven . . .

May, 1922



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# THE LAND OF HEALTH

## CHAPTER I

### THE MOST WONDERFUL THING IN THE WORLD

Tom and Sally lived with their mother and father in a house at the edge of a town. The house was white with green blinds. Behind it there was a meadow full of long sweet grass that Clover, the cow, loved to eat. A clear brook flowed through the meadow. In the shallow places it sang over the stones. In the deep places it was very still and cool.

Tom was ten years old. He had brown hair and eyes, and round red cheeks. Sally was a year younger than Tom. Her hair was long and yellow, and her eyes were as blue as the Canterbury bells that grew in their flower garden.

One Saturday afternoon in September Tom and Sally were picking up the apples that had fallen from the greening apple tree at the edge of the meadow. They carried the apples to Mother, who was sitting in a red rocker under the tree.

She was peeling them to make apple sauce for supper.

Finally Mother said she had enough apples, so Tom threw himself down under the tree and asked Sally to read a story. On her last birthday Tom had given her a book of stories from the "Arabian Nights." She ran to get it now from the tin box in a crotch of the tree, where she and Tom kept their treasures. Then she sat on a little wooden stool at Mother's feet and opened the book. "I'll read about Aladdin's lamp," she announced. This was their favorite story.

When she had finished, Tom sighed. "I wish I had Aladdin's lamp," he said. "I'd wish for the most wonderful thing in the world."

"What is the most wonderful thing in the world?" asked Sally, who thought that Tom must know everything as he was a year older than she.

"Why, yes," replied Tom, with a puzzled frown. "What is it? Let me think." And he gave his forehead a hard rub. "I think it must be money. If you have money, you can buy anything you want."

Mother stood up and smoothed her big white apron. "There was once a man named Midas,